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GASTRO CARE INSTITUTE

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# Colonoscopy Bowel Preparation Instructions

Patient's Name: \_\_\_\_\_

Your Appointment is set for

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

*Review instructions every morning for 6 days till the day of your procedure. Fill your prescription 6 days prior to your procedure and buy your magnesium citrate (over the counter \$0.97 or \$1.07) and store it in a refrigerator.*

***We must receive your cancellation request 3 working days prior to your procedure date. Cancellation notices that are received less than 3 working days prior to procedures will result in a \$25 cancellation fee, or you will have to reschedule your office visit appointment with Dr. Tyagi.***

## SPECIAL NOTE

You must have a designated driver (family or friend) on the day of your procedure to pick you up and drive you home. You cannot leave alone. You cannot use a taxi, UBER, Lyft or a bus to leave the procedure center.

## 5 Days Before Your Colonoscopy

Please store your preparation in a refrigerator as soon as it's received.

**DO NOT EAT ANY FOODS THAT ARE HARD TO CLEAN FROM YOUR COLON, SUCH AS:**

- Popcorn, nuts, beans, seeds, multigrain breads, pork, ground beef or red meat.
- All vegetables and fruits (fresh or dried).
- Stop taking all fiber supplements (Metamucil, Fiber One, Benefiber, etc.) and/or herbal medication.

## MEDICATIONS:

- Stop taking **5 days** before procedure:
  - Blood thinners, Aspirin, Baby Aspirin, Iron, Plavix, Effient, Ticlid
- Stop taking **3 days** before procedure:
  - Coumadin (warfarin)
- Stop taking **2 days** before procedure:
  - Ibuprofen, Naproxen, Advil, Aleve, Motrin, Meloxicam, Diclofenac sodium
  - Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis
- Stop taking **1 day** before procedure:
  - Diabetes medication in the evening before procedure and in the morning on the day of procedure.

**Always ask your Gastroenterologist for instructions for when to resume taking medications that have been stopped and if it's safe.**

## 1 Day Before Your Colonoscopy

**You will be on an all-clear, liquid diet. Only drink clear liquids the ENTIRE DAY before your colonoscopy. DO NOT EAT ANY SOLID FOOD.**

### Clear Liquid Diet

- NO: Red, Green, Purple, or Blue food coloring.
- NO: Solid Foods
- NO: Alcoholic Drinks
- NO: Dairy Products

### Okay to Have

- Water
- Tea and black coffee without any milk, cream, or lightener.
- Flavored water without red or purple dye.
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, white cranberry, coconut water.
- Clear broth: chicken, beef, or vegetable.
- Clear sodas and carbonated drinks. (Sprite, 7-Up)
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye.
- Jell-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice Drink

**Drink at least 8 ounces of clear liquid every 2-3 hours after waking up (unless on fluid restriction).**

**You must drink all your solution as directed to clean your bowel adequately even if you suffer from diarrhea.**

**Do not take your diabetes medication in the evening.**

### INSTRUCTIONS FOR NULYTELY PREP FOR MORNING COLONOSCOPY

- When preparing your Nulytely, add water to the fill line. You can add flavoring like Crystal Light (don't use flavors that are red, blue, or purple).
- You may find it easier to drink if it is chilled in the refrigerator.
- For most patients, rapidly drinking a glassful is better than sipping.

### APPOINTMENT TIME BETWEEN 6AM – 12PM

<b>If your appt. time is:</b>	<b>6am – 8am</b>	<b>8:15am – 12pm</b>
Start drinking Nulytely, drink ½ gallon.	6pm the evening before procedure.	6pm the evening before procedure.
Take 3 Dulcolax pills with water.	6pm the evening before procedure.	6pm the evening before procedure.
Try to finish remaining ½ gallon Nulytely.	10:00pm	10:00pm
Take 300ml magnesium citrate and take 3 Dulcolax pills.	1:00am	5:00am

**We look forward to seeing you for your scheduled procedure. Please sign below stating that you have reviewed the preparation instructions together with the nurse.**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**If you have any questions, please call our office at**

**661-529-7550**

## DAY OF YOUR COLONOSCOPY

- Do not take your diabetes medication today.
- Please ask the doctor when you can restart medication that you were told to stop.
- Take all your normal medications (seizures, blood pressure medication, etc.).
- Bring your inhaler or COPD medication with you to the procedure. You may need to take it before the procedure.
- Bring your photo ID, your insurance card, and a list of medications with you.
- You are not allowed to leave alone after the procedure. Make sure you have a designated driver to take you home.
- Please realize that the actual start time of your colonoscopy is tentative and sometimes endoscopy clinics run behind schedule.

## INSTRUCTIONS FOR PREPARATION FOR AFTERNOON COLONOSCOPY

- Drink one (1) 8 ounce glass of the prep every 20 minutes, starting 8 hours before your appointment.
- You will take 3 Dulcolax pills with water at the end of ½ gallon.
- Drink 300ml of magnesium citrate and 3 Dulcolax pills together 3 hours before the procedure.

If your appt. time is:	12:30-1:30pm	1:30-2:30pm	2:30-3:30pm	3:30-4:30pm
Start drinking 1st 1/2 gal. Nulytely	10 p,	10 pm	10 pm	10 pm
Take 3 Dulcolax pills with water	1 am	1 am	1 am	1 am
2nd 1/2 gal. Nulytelyfinish Nulytely	6:30am	7:30am	8:30am	9:30am
Take 3 Dulcolax pills with magnesium citrate	9am	10am	11am	12pm



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